

DIABETES MEAL PLAN

FOODS TO EAT

Vegetables

- Broccoli
- Cauliflower
- Cucumber
- Green beans
- Leafy greens
- Onion
- Peas
- Spinach
- Sweet corn
- Tomato
- Zucchini

Fruits

- Apple
- Banana
- Blueberry
- Cherry
- Citrus fruit
- Grapefruit
- Orange
- Peach
- Pineapple
- Raspberry
- Strawberry
- Watermelon

Grains

- Whole grain bread
- Whole grain pasta
- Whole grain rice
- Whole grain cereal
- Whole grain flour
- Whole grain meal
- Whole grain meal flour
- Whole grain meal flour
- Whole grain meal flour
- Whole grain meal flour
- Whole grain meal flour

Protein Sources

- Lean meat (chicken, turkey, beef, pork)
- Lean fish (salmon, tuna, cod, halibut)
- Lean poultry (chicken, turkey)
- Lean red meat (beef, pork)
- Lean seafood (fish, shellfish)
- Lean dairy (milk, cheese, yogurt)
- Lean eggs
- Lean nuts and seeds
- Lean legumes (beans, lentils, peas)
- Lean tofu
- Lean soy products

FOODS TO AVOID

Vegetables

- White potatoes
- White rice
- White bread
- White flour
- White meal
- White meal flour
- White meal flour
- White meal flour
- White meal flour
- White meal flour
- White meal flour

Processed Food Products

- Processed meat (bacon, ham, sausage)
- Processed cheese
- Processed dairy
- Processed flour
- Processed meal
- Processed meal flour
- Processed meal flour
- Processed meal flour
- Processed meal flour
- Processed meal flour

Grains

- White rice
- White bread
- White flour
- White meal
- White meal flour
- White meal flour
- White meal flour
- White meal flour
- White meal flour
- White meal flour

Protein Sources

- High fat meat (bacon, ham, sausage)
- High fat cheese
- High fat dairy
- High fat flour
- High fat meal
- High fat meal flour
- High fat meal flour
- High fat meal flour
- High fat meal flour
- High fat meal flour

DIABETIC DINNER



Turkey Burger with Salad and Buns
Lean protein from the turkey, carbohydrates from the buns, and fiber from the salad.



Chicken Breast with Rice and Vegetables
Lean protein from the chicken, carbohydrates from the rice, and fiber from the vegetables.



Steak & Spinach Salad
Lean protein from the steak, carbohydrates from the spinach, and fiber from the salad.



Salmon Steaks with Berries and Vegetables
Lean protein from the salmon, carbohydrates from the berries, and fiber from the vegetables.



Slow Cooker Beef with Carrots & Potatoes
Lean protein from the beef, carbohydrates from the potatoes, and fiber from the carrots.



Lentil Soup with Potatoes
Lean protein from the lentils, carbohydrates from the potatoes, and fiber from the soup.



Lentil Curry with Spinach
Lean protein from the lentils, carbohydrates from the spinach, and fiber from the curry.



Salmon & Avocado Smoothie
Lean protein from the salmon, carbohydrates from the avocado, and fiber from the smoothie.

DIABETES FOOD LIST

Notes: This chart is intended for educational and general reference purposes only. Although we aim for accuracy, we cannot ensure that all data is complete or entirely reliable. The author is not liable for any errors, omissions, or potential consequences from using this information. Always seek advice from healthcare professionals for specific medical and nutritional guidance. Use this information responsibly.

Glycemic Index (GI)

LOW (1-55)

MEDIUM (56-69)

HIGH (70-100)

***Values apply to the specific serving sizes listed for each food**

Food	Serving Size	GI	Food	Serving Size	GI
Almonds	1 oz (28g)	15	Apples	1 medium	55
Avocados	1 medium	15	Asparagus	1 cup	15
Bananas	1 medium	51	Beefsteak	1 oz	55
Berries	1 cup	55	Broccoli	1 cup	15
Brown rice	1 cup	55	Cauliflower	1 cup	15
Butter	1 oz	55	Chickpeas	1 cup	55
Carrots	1 cup	15	Cheese	1 oz	55
Cashews	1 oz	15	Cheese	1 oz	55
Chickpeas	1 cup	55	Cheese	1 oz	55
Citrus	1 cup	55	Cheese	1 oz	55
Corn	1 cup	55	Cheese	1 oz	55
Cottage cheese	1 cup	55	Cheese	1 oz	55
Cucumbers	1 cup	15	Cheese	1 oz	55
Dairy	1 cup	55	Cheese	1 oz	55
Eggs	1 egg	55	Cheese	1 oz	55
Fruit	1 cup	55	Cheese	1 oz	55
Grains	1 cup	55	Cheese	1 oz	55
Legumes	1 cup	55	Cheese	1 oz	55
Nuts	1 oz	15	Cheese	1 oz	55
Protein	1 oz	55	Cheese	1 oz	55
Seeds	1 oz	15	Cheese	1 oz	55
Vegetables	1 cup	15	Cheese	1 oz	55
Whole grains	1 cup	55	Cheese	1 oz	55
Yogurt	1 cup	55	Cheese	1 oz	55

DIABETIC DINNER

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Eggs	1 egg	55	Cheese	1 oz	55
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Vegetables	1 cup	15	Cheese	1 oz	55
Whole grains	1 cup	55	Cheese	1 oz	55
Yogurt	1 cup	55	Cheese	1 oz	55

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**United States. Interdepartmental
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